



Friendship Heights



# VILLAGE NEWS

AUGUST 2011

301-656-2797

VOLUME 26, NO. 3



July 4th photos

page 5

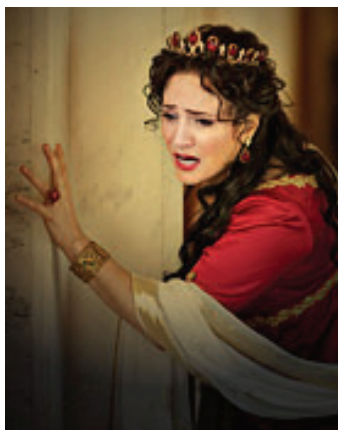
## Washington National Opera's thrilling *Tosca*

Join us for a night at the opera when we attend a performance of the WNO's season-opener, Giacomo Puccini's *Tosca*, on **Wednesday, Sept. 14** at the Kennedy Center.

*Tosca* is an irresistible combination of passion, pathos, and despair and as plot-driven as a modern film thriller. Flavia Tosca, a beautiful opera diva, tries to save her lover's life by giving herself to the dreaded chief of police, Baron Scarpia. The situation turns deadly, and even Scarpia's murder may not stop his diabolical plan.

This dazzling production, which originated at the Dallas Opera, features soprano Patricia Racette, tenor Frank Porretta, and DC favorite bass-baritone Alan Held. Plácido Domingo conducts the timeless classic.

We will leave the Village Center at 6:15 p.m. and return around 11 p.m. The cost, which includes a seat in the first tier center, rows E to G (at a 10 percent discount), transportation and driver gratuity, is \$125. Residents and one guest may sign up immediately; nonresidents may sign up August 8. There are 29 spaces available.



## Savor the last days of summer

A few spaces remain for our annual trip to the Delaware shore. Enjoy sun, surf and shopping when we travel to Rehoboth Beach on **Thursday, Aug. 25**. Stroll on the boardwalk, enjoy a seafood lunch or just take in the sea air. You may choose to spend the day exploring the outlet stores along Route 1 or at the beach or both. At the Tanger Midway outlet center, you'll find Coach Factory, Jones New York, L.L. Bean Factory Store, Liz Claiborne, Nine West, Polo Ralph Lauren, Ann Taylor, Rockport and more.

We'll depart from the Village Center at 8 a.m., arriving in Rehoboth in time for you to enjoy lunch on your own. There are numerous cafes and restaurants along the boardwalk and Rehoboth Avenue. We'll return to the Village Center around 7:30 p.m.

The cost of the trip is \$53. Children over 5 years old are welcome but must be accompanied by an adult. The cost for children is \$30, with each paying adult.

## Inside one of the world's scariest terrorist groups

Terrorism expert Stephen Tankel will discuss his book, *Storming the World Stage: The Story of Lashkar-e-Taiba*, at the Village Center on **Thursday, Sept. 15, at 7:30 p.m.**

The Mumbai attacks in 2008 placed Lashkar-e-Taiba, the Pakistani militant group, on the list of the most important terrorist groups of global reach after Al Qaeda. A complex and powerful organization that rose to prominence with Pakistani state support, Lashkar has sent scores of fighters to Iraq and Afghanistan and provides them with essential strategic and tactical help.

In his book, Stephen Tankel traces the development of Lashkar from a small resistance group to the largest, most feared organization operating in Kashmir, India, and Pakistan today. He considers the threat Lashkar now poses to Pakistan, India, and the West, and how this danger may evolve in coming decades. The book's sources are interviews conducted in Pakistan and elsewhere with officials, journalists and participants in the jihad, and is the first work of social science research on Lashkar-e-Taiba.

Mr. Tankel is a visiting scholar at the Carnegie Endowment for In-

*Continued on page 15*

# CHILDREN'S PROGRAMS

## Writing your life by the tale

Journalist Lynne Vance will return to the Center this fall to teach her very popular memoir class. Memoir writing is not about recording an entire life's complete history, but rather writing stories of life-changing events, people or places.

In September Ms. Vance will begin an eight-week series of classes that will include writing exercises, readings from notable memoirs, and class discussions. Students will learn the skills needed to bring life stories to life and explore the role of imagination vs. fact and the importance of communicating feelings to the reader.

Ms. Vance has been a writer and editor for more than twenty years. She's managed the publication staffs of several national non-profits and health care groups and her writing has appeared in The Washington Post, The Philadelphia Inquirer, and other publications. The class will meet on Tuesdays beginning **Sept. 27, from 11 a.m. to 12:30 p.m.** See Classes and Clubs on page 10 for more details.

## Give your eyeglasses new life

Are your old eyeglasses obsolete? Why not donate them to Lions Club? Each month, the Leisure World Lions Club will pick up eyeglasses and frames from the Village Center. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly in developing countries.

### Taste of Friendship Heights

**Saturday, September 17, 2011**

**12 Noon to 5 p.m. (rain or shine)**

Mark your calendar for this wonderful community event, now in its fifth year. You will have the opportunity to taste food from terrific local restaurants right here at the Center. Participants include:

**Capital Grille • Courtyard By Marriott • Frosting Cupcakery • Indique Heights • Lia's • Maggiano's • Potomac Pizza • Sunrise Brighton Gardens • Tynan Coffee and Tea • Whole Foods**

*Live Music, face painting, moon bounce, and more!*

[www.tasteoffriendshipheights.com](http://www.tasteoffriendshipheights.com)



**Friendship Heights  
VILLAGE NEWS**

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space for the September issue is August 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

### FOUNDER

**Martin Kuhn**

### EDITORIAL STAFF

**Melanie Rose White**  
Volunteer Editor

**Jennie Fogarty**  
Staff Writer

**Anne Hughes O'Neil**  
Staff Writer, Advertising

**Susan C. Zarriello**  
Page Design/Layout

### FRIENDSHIP HEIGHTS VILLAGE COUNCIL

**Melanie Rose White**  
Mayor

**Maurice Trebach**  
Chairman

**Leonard E. Mudd**  
Vice Chairman

**Elizabeth Demetra Harris**  
Secretary

**Alvan M. Morris**  
Treasurer

**Robert M. Schwarzbart**  
Parliamentarian

**Leonard J. Grant**  
Historian

**VILLAGE MANAGER**  
**Julian P. Mansfield**

## Friendship Gourmet Market

**Join us - FREE In Store WINE Tasting**  
**Thursday August 11th 5-8PM**

We serve Smoothies, Pizza, Sandwiches, Beer....

Indoor and outdoor seating available

5550 Friendship Blvd  
Chevy Chase, MD 20815  
(301) 951-0951

Open M-F, 7am - 9pm  
Sat 9am - 9pm  
Sun 9am - 7pm

We Deliver

## ON the GO...

### Cookbook author event rescheduled

The book signing at the Village Center with Joe Yonan, author of *Serve Yourself: Nightly Adventures in Cooking for One*, originally planned for July 21 has been changed to **Thursday, Aug. 4, at 7:30 p.m.**

Mr. Yonan is the editor of the Food and Travel sections of The Washington Post, where he also writes the award-winning "Cooking for One" column. His work earned for the Post the 2009 and 2010 James Beard Foundation's award for best food section. His cookbook includes more than one hundred interesting and easy-to-make recipes for singles.

Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.

### Horses and more at Charles Town Races

A few spaces remain for our trip on **Sunday, Aug. 7**, to Hollywood Casino in Charles Town. We'll depart the Village Center at 10:30 a.m. and arrive by noon in time for brunch on the Skyline Terrace.

Brunch includes omelets made to order, bacon, sausage, home fries, French toast, rotisserie chicken, steamship round, baked ham, mashed potatoes and gravy, fruit, pastries, bagels and more. After a sumptuous brunch buffet, you can bet on the ponies, try your luck at the numerous table games or slot machines.

We should return to Friendship Heights by 6:30 p.m.

The cost of the trip is \$64, which includes transportation, admission to the park, buffet brunch and all taxes and gratuities. Sign up immediately at the Village Center. For additional information, call the Village Center at 301-656-2797.



# PUZZLED

## by Today's Real Estate Market?

### Nancy Mellon Realty

## 301-951-0668

4500 N Park Ave., Suite 804N

Turn to  
**YOUR NEIGHBORHOOD  
REAL ESTATE SPECIALISTS**

to find out why it's the time to **Buy, Rent, or Sell Now!**





## Tea and talk: A stroll through Chevy Chase history

Join us on **Friday, Sept. 9, at 2 p.m.**, for a fascinating presentation by Joan Marsh and Frances Stickles, members of the Chevy Chase Historical Society (CCHS) and authors of *Placenames of Chevy Chase: An Anecdotal Stroll Through the Centuries and Neighborhoods of Chevy Chase*.

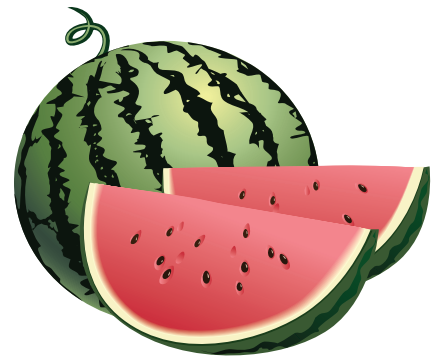
The two women drew from the Society's collection of more than 8,000 photographs as well as thousands of letters, maps and oral histories to chronicle the transformation of the rural retreat outside the nation's capital to one of the area's earliest suburbs.

CCHS began collecting artifacts in 1979 and stored them in Ms. Marsh's attic. In 2001, the collection was

moved to the Chevy Chase Library; the Society celebrated its 30th anniversary this year.

Chevy Chase was given as farmland grants by Lord Baltimore in the 1700s and later purchased by the Chevy Chase Land Company and developed into the five municipalities still operating today — Chevy Chase Village, Section 3, Section 5, Martin's Additions and the Town of Chevy Chase. Come learn more!

After the program, please stay for tea. Copies of the book will be available for purchase. Please call 301-656-2797 to reserve a seat.



**my secret  
to a healthy smile!**

"Dr. Morrison  
won me over  
with compassion,  
communication,  
patience, and the  
highest quality  
dental care."



DrEricMorrison.com

For over twenty years, Dr. Eric Morrison has provided a full spectrum of family, general, and cosmetic dental services.

**Eric K. Morrison, D.D.S., M.A.G.D.**  
*Master of the Academy of General Dentistry*

5454 Wisconsin Ave., NW • Suite 835 • Chevy Chase, MD 20815

**301.637.0719**

**50% OFF** Oral Examination  
& Cleaning  
New Patients only. Offer ends 11/30/11

### How Aging Sight and Hearing Loss Impact Cognition Demystifying Sensory Loss

**Sunday, September 18  
2 - 4 p.m.**

**Sibley Memorial Hospital  
Medical Building**

**With experts from Johns Hopkins  
and National Eye Institute, NIH**

**Program is free. To register, call  
(202) 234-1010 or visit [www.sibley.org](http://www.sibley.org).**

**Sponsored by  
Prevention of Blindness Society  
of Metropolitan Washington  
and Sibley Senior Association**







## A Festive Fourth

A number of Village residents and friends were presented with awards during our annual July 4 celebration. **Sydell Sandy**, top left, and **Ron Irion**, bottom right, received Community Service awards. At top center, Montgomery County Executive **Ike Leggett**, Md. Delegate **Bill Frick**, and **Karen McManus** representing Congressman Chris Van Hollen honored **Gertrude Friedman** as a Village centenarian. **Nouri Shashaani**, top right, celebrated the anniversary of her arrival in the U.S. At bottom left, Village Mayor **Melanie Rose White** posed with **Russ Hamill** of the Montgomery County Police Department, who accepted the Elizabeth Scull Community Service Award on behalf of Community Policing Coordinator **Denise Gill**.

*Photos by Joel Williams*



## Young at Art



From painting to origami to Chinese brush, our annual Summer Art Camp in June offered a variety of fine arts projects designed to bring out the inner artist in children.

*Photos by Anne O'Neil*



# PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

## A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

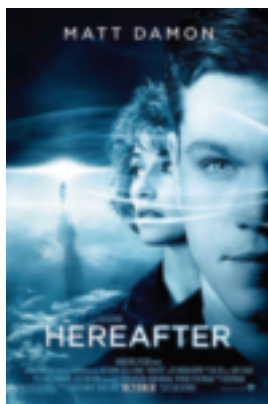
• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

**Thursday, Aug. 4, 7:30 p.m. —**

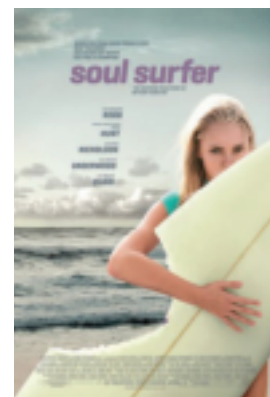
**Book Signing with Joe Yonan**, see page 3 for details.

**Thursday, Aug. 11, 7 p.m. —**

**Movie — Hereafter** — Clint Eastwood directs this supernatural thriller about three very different people and their responses to death, including a hesitant American psychic named George who may be able to help the others find answers and peace. Marie is a French journalist caught up in the aftereffects of the devastating 2004 tsunami. While in London, young Marcus (Frankie and George McLaren) seeks to contact his deceased twin brother. Stars Matt Damon and Cécile De France. Rated PG-13. Running Time: 129 minutes.



left arm in a vicious shark attack. On the road to recovery, the gutsy young wave-rider relies on determination, faith and family, including her mom (Helen Hunt) and dad (Dennis Quaid). Stars AnnaSophia Robb, Helen Hunt, Randy Quaid, Carrie Underwood, Craig T. Nelson and Kevin Sorbo. Rated PG. Running Time: 106 minutes.



**Thursday, Aug. 18, 7 p.m. — Movie — Rango** —

Johnny Depp lends his voice to the portrayal of the title character, an adventurous family pet who leaves home to learn more about himself, in this family-friendly animated adventure directed by Gore Verbinski (*Pirates of the Caribbean*). The star-studded cast of vocal talent also includes Abigail Breslin, Isla Fisher, Alfred Molina, Ray Winstone, Harry Dean Stanton, Ned Beatty, Stephen Root and Bill Nighy. Rated PG. Running Time: 107 minutes.



**Thursday, Aug. 25, 7 p.m. — Movie — Soul Surfer**

— From director Sean McNamara comes this inspiring film that dramatizes the real-life story of Bethany Hamilton (AnnaSophia Robb), a Hawaiian teen who bravely returns to competitive surfing after losing her



## Sometimes a Little Help Means a Lot.

Experienced caregivers available  
from 2 to 24 hours a day:

Cooking  
Laundry  
Light housekeeping  
Personal care

Transportation:  
Doctor's Appointments  
Shopping  
Errands



Joint  
Commission  
Accredited

A.A.A.  
**Warman**  
HOME CARE  
Since 1987

888-243-6602 | WarmanHomeCare.com



# ART and CULTURE

## 'Summer Salt' on exhibit in Friendship Gallery

Studio In-Sight (SIS), a working art studio in Montgomery County, will exhibit in the Friendship Gallery during the month of August. Artists of the SIS are clients at St. Luke's House, founded in 1971 by concerned citizens from St. Luke's Episcopal Church in Bethesda to address the needs of persons being released from state psychiatric hospitals who were at great risk of homelessness, the lack of basic human needs, accessible mental health services, meaningful daily activities, and employment. Since then, St. Luke's House has grown to 29 group homes providing housing for 104 individu-

als. Four artists began SIS in 2006; it has grown to sixteen artists working in a variety of mediums and styles.

The show runs from August 1 to 27. All are invited to a reception to meet the artists on **Sunday, August 14, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities in that room.

Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.

"Summer Salt" and "Poet Tree" by SIS artists





### You're a neighbor, not a number.

**Carey Fisher, Agent**  
5480 Wisconsin Ave, Suite 213  
Chevy Chase, MD 20815  
Bus: 301-654-5604

**Total average savings of \$489\***  
Like a good neighbor, State Farm is there.  
**CALL FOR A QUOTE 24/7.**

**State Farm**

\*Average annual household savings based on national 2009 survey of new policyholders who reported savings by switching to State Farm.  
P090119 05/09 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL



## Stein Sperling

Attorneys at Law

*Measuring Success by Results Since 1978*

Business & Tax • Civil Litigation  
Criminal Law • Employment Law  
Estate Planning & Probate • Family Law  
Injury Law • Municipal Law  
Real Estate & Land Use



**David B. Torchinsky**  
Of Counsel  
Estate Planning & Probate  
Tax Law

**Stein, Sperling, Bennett, De Jong, Driscoll & Greenfeig, P.C.**  
25 W. Middle Lane, Rockville, MD 20850 • (301) 340-2020 • [www.steinsperling.com](http://www.steinsperling.com)

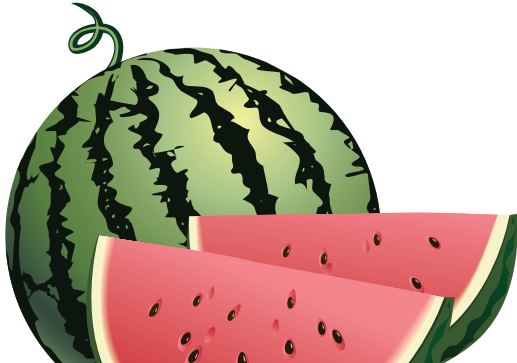


Friendship Heights  
Village Center



Calendar  
of Events

2011

AUGUST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: <b>Café Muse</b>	2 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7:30 p.m.: Great Courses: Ahab and the White Whale 7:30 p.m.: Zumba!	3 1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: <b>Concert: Sera- phim</b>	4 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: <b>Book Signing with Joe Yonan: <i>Serve Yourself</i></b>	5 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	6 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
7 10:30 a.m.: <b>Depart for Charles Town</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	8 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 5 p.m.: One-Day Bridge No Council Meeting in August	9 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7:30 p.m.: Zumba!	10 1 p.m.: <b>Suburban Lecture: Relieving Sinusitis</b> 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7 p.m.: <b>Concert:Rick Whitehead Trio</b>	11 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: <b>Movie:Hereafter</b>	12 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	13 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
14 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: <b>Art Reception</b>	15 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting	16 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7:30 p.m.: Great Courses: <i>Moby-Dick</i> – Tragedy of Perspective 7:30 p.m.: Zumba!	17 1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: <b>Concert:John Jenson Trio</b>	18 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: <b>Movie:Rango</b>	19 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	20 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
21 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	22 10 a.m.: Great Books 10 a.m. – 2 p.m.: <b>MVA Bus</b> 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting	23 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7:30 p.m.: Zumba!	24 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7 p.m.: <b>Concert:Machaya Klezmer</b>	25 8:15 a.m.: Walking Club 8 a.m.: <b>Depart for Rehoboth</b> 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: <b>Movie:Soul Surfer</b>	26 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	27 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
28 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	29 10 a.m.: Great Books 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting	30 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7:30 p.m.: Great Courses: Melville’s “Benito Cereno” 7:30 p.m.: Zumba!	31 1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: <b>Concert: Wash- ington Revels.</b>			

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.  
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.  
Friday 9 a.m. to 5 p.m.  
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Save these dates:

- October 7  
November 4  
November 29 & 30  
December 11  
March 3, 2012  
June 21, 2012
- Flu shots at the Center  
AARP Safe Driving at the Center  
The Book of Mormon and War Horse in NYC  
White Christmas at Tobys  
Red at Arena Stage  
Memphis at Kennedy Center



# CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

**All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.**

## ART

### ACRYLIC OR OIL PAINTING (DAY)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 12. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$70 for nonresidents. Session ends Nov. 21 (no class on Oct. 10). Maximum number of students is 14.

### ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 8. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$70 for nonresidents. Session ends Nov. 17 (no class on Sept. 29). Maximum number is 14.

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Sept. 21. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70 for residents; \$75 for nonresidents. Maximum number is 8. Last class is Oct. 26.

### STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Sept. 8. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylic-

ics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$145 for residents; \$155 for nonresidents. Last class is Nov. 17 (class will not meet Sept. 29).

## BRIDGE

### ONE -DAY BRIDGE

This three-hour class taught by Frank Shull, a life master at bridge, will be held Monday, August 8, from 5 to 8 p.m. There are no structured hands or lessons- just fun bridge with answers to your specific questions as you play. Call Frank for more information at 301-520-9968. The cost is \$15.

## COMPOSITION

### WRITING YOUR LIFE BY THE TALE

This 8-week course begins Sept. 27. Meets Tuesdays from 11 a.m. to 12:30 p.m. The class will include writing exercises, discussions and readings. The instructor is journalist Lynne Vance, who has had 20 years experience of writing and editing. Cost is \$85. Minimum number is 6; maximum is 8. Class ends Nov. 15.

## EXERCISE AND FITNESS

### BALANCE AND COORDINATION

This 10-week class begins Sept. 13. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$110 for residents; \$115 for nonresidents. Session ends Nov. 15. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

### CHAIR EXERCISE

This 8-week class begins Sept. 14. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$85 for residents; \$90 for nonresidents. Session ends Nov. 2.

### MAT PILATES

The 6-week session begins Sept. 13. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up for this course; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Minimum number is 10. Questions? Email [Gingerrusteach@yahoo.com](mailto:Gingerrusteach@yahoo.com). Session ends Oct. 18.

### SKY VALLEY TAI JI (THURSDAY)

This 12-week class begins Sept. 29. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$90 for residents; \$100 for nonresidents. Questions? Email instructor Thomas Johnson at [taijitaj7@gmail.com](mailto:taijitaj7@gmail.com). Session ends Dec. 22.

### SKY VALLEY TAI JI (TUESDAY)

This 12-week class begins Sept. 27. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$90 for residents; \$100 for nonresidents. Session ends Dec. 13.

## **STRENGTH TRAINING WITH CHERYL**

This 6-week class begins Sept. 16. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$60 for residents; \$65 for nonresidents. Session ends Oct. 28 (class will not meet Oct. 7).

## **STRENGTH TRAINING WITH TONYA**

This 8-week class begins Sept. 12. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$85 for residents; \$90 for nonresidents. Session ends Nov. 7 (class will not meet Oct. 10).

## **YOGA (DAY)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 11. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$120 for residents; \$125 for nonresidents. Class will not meet Oct. 2, 9, Nov. 20, 27. Session ends Dec. 11.

## **YOGA (EVENING)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 12. See description above. Meets Mondays from 7 to 8:20 p.m. The cost is \$120 for residents; \$125 for nonresidents. Class will not meet Oct. 3, 10, Nov. 21, 28. Session ends Dec. 12.

## **ZUMBA!**

This 5-week class, taught by Elena Menshutkina, begins August 2. Meets Tuesdays from 7:30 to 8:30 p.m. The dynamic fitness program based on

Latin music and dance steps is a fun and challenging cardio workout for all fitness levels. No previous experience in dance is needed. Wear comfortable clothes and shoes (no running shoes; cross-trainers okay). The cost is \$75 for the session or \$15 per class. Please pay for the number of classes you plan to attend at sign-up.

## **ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES**

### **BLOOD PRESSURE SCREEN- ING/SUBURBAN NURSE**

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m. **Please note new times.**

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

### **CONCERTS**

Free live music is presented every Wednesday evening. Check the calendar and concert page for each week's performance information. No registration is required.

### **FHUN**

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group organizes events such as monthly Happy Hours, barbecues, and special evenings at local restaurants. For information, check FHUN's website at [www.fhun.net](http://www.fhun.net).

### **GREAT BOOKS DISCUSSION GROUP**

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

## **GREAT COURSES**

Taped lectures followed by discussion. Meets alternate Tuesday evenings at 7:30 p.m. The DVD series is produced by The Teaching Company, renown for selecting gifted teachers, lecturers and historians to address their topics. Check the calendar for dates and subject matter.

## **HEALTH INSURANCE COUNSELING**

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

## **SCRABBLE**

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

## **TEA**

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

## **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter.

## **VILLAGE PLAY TIME**

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

## **WALKING CLUB**

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.



# CONCERTS

Performances will be held each Wednesday from 7 to 8 p.m. in Hubert Humphrey Park. In the event of inclement weather, concerts will move indoors to Huntley Hall of the Village Center.

**Wednesday, Aug. 3 — *Seraphim*** — Founded in 1983, Seraphim has been delighting Washington area audiences with sweet sounds and warmly blended harmonies for many years. The group's performance will include favorites from the 1940s including works from many Rogers and Hammerstein musicals.

**Wednesday, Aug. 10 — *Rick Whitehead Trio*** — Guitarist Rick Whitehead is the recipient of the Washington Area Musician's Association 2007 award as "Best Jazz Instrumentalist." He was the featured guitar soloist for the US Air Force Band's Airmen of Note for 22 years, touring throughout the U.S., Far East and South America. He has performed at numerous major jazz festivals, including Newport, Monterey, and Mobile.

**Wednesday, Aug. 17 — *John Jenson Tribute to Tommy Dorsey*** — Former lead trombonist with the U.S. Navy Commodores, John Jenson has appeared as a soloist and combo leader and with the Smithsonian Jazz Masterworks Orchestra. He is also the frontman for the Good Time Trio.

**Wednesday, Aug. 24 — *Machaya Klezmer*** — Formed in 1988, the band has mastered the feeling and dynamism of authentic Klezmer music and has duplicated that marvelous and lively sound of the famous Klezmer bands of the 1930s. Klezmer music was a product of Eastern European Yiddish Culture which the Jewish immigrants brought with them to the United States in the 1880s. The word Klezmer comes from two Hebrew words, *clay* and *zimmer*, meaning vessel of music or song. The idea is that the instrument such as the violin or clarinet, takes on human characteristics like laughing and crying.

**Wednesday, Aug. 31 — *Washington Revels*** — In 2008, Washington Revels created a performing group -- the Maritime Voices -- to celebrate the traditions of the men who manned the great sailing ships, and the women who sustained the life of the seafaring communities ashore. Since then, the group has become a fixture among the institutions of the Washington area that present exhibits and programs connected with the sea. Maritime Voices offers songs, instrumental music, dance, folk drama and ritual

from the old nautical traditions. It often demonstrates life aboard the old sailing ships, including how sea chanteys were used to help work the ship; and it shows the life ashore, including the joys and hardships of the women of the ports. And of late, it has added some old songs from the boatmen of the American canals.



**"Walking In, Dancing Out"**

**Open House:**  
**Tuesdays @ 7:00 PM**  
**Fridays @ 7:45 PM**

**Within walking distance  
in The Collection at  
Chevy Chase.**

**Complimentary Lesson and  
25% off First Enrollment;  
new students only.**

**CELEBRATING  
100 YEARS  
1912 2012**

**Arthur Murray**  
Dance Studios

**www.arthurmurraydc.com**  
**(301) 657-2700**

# TO YOUR HEALTH

## Under Pressure: Relieving Sinusitis

Do you wake up with a headache or stuffy nose in the morning? Is it due to a cold or allergies, or could it be something more serious? Sinusitis, an inflammation of the sinus cavities, affects approximately 24 million people in the US annually.

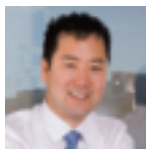
Dr. Murray Ramanathan from the Johns Hopkins Sinus Center, will describe the differences between chronic and acute sinusitis, treatments available and will advise

when to seek medical care from a sinus specialist at this month's Suburban Health Lecture at the Village Center on **Wednesday, August 10, at 1 p.m.**

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.

The Village Book Club will meet this month on **Tuesday, Aug. 16, at 11 a.m.** The book selection is *The Help* by Kathryn Stockett.

*Paid Advertisement*



**Why are my teeth wearing down?** Tooth erosion is a process where enamel wears down. This comes from exposure to acids in foods and drinks over time. When we drink or

eat acidic food enamel is temporarily softened and loses mineral content. Saliva can neutralize the acidity and re-harden the enamel but because this is a slow process, with continual acid exposure, the tooth does not have enough time to repair itself. Over time dentin (inside of tooth) will be exposed. Dentin is prone to decay and sensitivity. If the dentist doesn't treat this problem soon, enamel will be lost. Signs of erosion are sensitivity to cold and hot drinks and foods, yellowish appearance of teeth, rounded look of the teeth surface and dents on tooth surface. To prevent this you should cut acid drinks consumption, if you cannot do this, use a straw directed to the back of your mouth and drink it quickly. Don't suck on sour fruits, candies or frozen fruit juice. After you had an acid drink or food you should rinse with water or eat a piece of cheese to neutralize acids. Sugar free gum afterwards is good also. Food and beverages that have pH level below 4 can cause tooth erosion, these are: lemon juice, wine, sports drink, cola, coffee, vinegar, iced tea, grapefruit, diet cola, apples, blueberries, dill pickles, orange juice, honey, root beer and ketchup. Remember: Do not miss your regular dental care exam and cleaning every 6 months so your dentist can prevent problems like this.

*"Hosaka Dental - We strive to see you smile!"*



Dr. A. Hosaka D.D.S.  
6030 Wisconsin Ave, Suite 825  
Tel: (301) 697-2225 Fax: (301) 697-2265  
www.hosakadental.com

Email [dentist@hosakadental.com](mailto:dentist@hosakadental.com) for questions or comments.

WE'RE HONORING OUR HERITAGE  
BY RECALLING OUR PAST.



THROUGHOUT OUR 122 YEARS WE HAVE PROSPERED BY REMAINING TRUE TO OUR FOUNDING PRINCIPLES OF PROVIDING SAFE AND SOUND BANKING TO THE COMMUNITIES WE SERVE. WE'RE MARKING ANOTHER MILESTONE IN OUR LONG HISTORY BY HONORING THIS HERITAGE AND RETURNING TO OUR ORIGINAL NCB MONOGRAM. WE TRUST WHEN YOU SEE THIS SYMBOL IN YOUR COMMUNITY IN THE YEARS AHEAD, YOU WILL BE REMINDED OF OUR STEADFAST COMMITMENT TO MAINTAINING YOUR TRUST.



5228 44TH STREET, NW | WASHINGTON, DC 20015  
202.966.2688

316 PENNSYLVANIA AVE, SE | WASHINGTON, DC 20003  
202.546.8000

[WWW.NATIONALCAPITALBANK.COM](http://WWW.NATIONALCAPITALBANK.COM)





## Cafe Muse presents...

This month's Café Muse, on **Monday, Aug. 1, at 7 p.m.**, presents Kyle Dargan and Lew Watts.

Kyle Dargan is the author of *Logorrhea Dementia*, *The Listening*, winner of the Cave Canem Prize, and *Bouquet of Hungers*, winner of the Hurston/Wright Legacy Award for poetry. Dargan's work has appeared in *Callaloo*, *Ploughshares*, *Shenandoah* and numerous other publications. He lives in Southeast DC where he is the founding editor of *Post No Ills Magazine*.

Lew Watts is the author of *Lessons for Tangueros*. Originally from Wales, he was a prize-winner in the UK's Ledbury Poetry competition and his work appears in the US in *New Mexico Poetry Review*, *Umbrella*, *Modern Hailku*

and other journals.

The evening will include a tribute to Sterling Brown (1901–1989), an African-American professor at Howard University. In 1933 he published his first book of poetry, *Southern Road*. This collection of poetry contained rural themes and treated the simple lives of poor, black people with poignancy and dignity.

Café Muse opens at 7 p.m. with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit [www.wordworksdc.com](http://www.wordworksdc.com).

**Dr. Michael Gittleson**  
**Podiatrist**  
**The Barlow Building**

**5454 Wisconsin Ave. Suite 640**  
**Chevy Chase, MD 20815**  
**301-986-4900**

**Medicine/Foot Surgery    Early Morning Hours**

**Bethesda Acupuncture & Wellness, LLC**  
**4833 West Lane Suite 100**  
**Bethesda, MD 20814**  
**Office: 301-852-7376**  
**Web: [www.bethesdawellness.com](http://www.bethesdawellness.com)**  
***We accept most insurance policies!***

## OUR SOMERSET HOUSE LISTINGS!



**SH I:**  
**2BR, 2BA, 1593 SF ~ \$1,169,000**  
**2BR, 2BA, 1952 SF ~ Rent: \$5,300/month**

**SH II :**  
**2BR+Den, 2.5BA, 2442 SF Penthouse ~**  
**\$1,595,000**  
**3BR, 2.5BA, 3021 SF ~ \$1,695,000**  
**4BR, 4.5BA, 3650 SF Penthouse ~**  
**\$2,950,000 or Rent: \$8,000/month**

**Linda Rosenkranz, Jamie Coley & Leigh Reed**

**#1 IN SOMERSET CONDOS SOLD**

**#3 TEAM FOR LONG & FOSTER IN 2010**

**301-215-4141 / [coleyreedhomes@aol.com](mailto:coleyreedhomes@aol.com)**

**[www.somersetluxuryliving.com](http://www.somersetluxuryliving.com)**





**Terrorist Groups, continued from page 1**

ternational Peace. His research focuses on insurgency, terrorism, the evolution of armed groups and militancy in South Asia.

He has researched conflicts on the ground in Pakistan, India, Algeria, Lebanon, and the Balkans.

He is an associate fellow at the International Centre for the Study of Radicalization and Political Violence and an adjunct staff member at the RAND Corporation.

Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.

## Van Derhoof Physical Therapy Provided In Your Home

- Orthopaedics
- Physical Conditioning
- Geriatrics
- Neurological Rehab
- Aquatics
- Home Safety Evaluations



**Ali Thomas, MSPT**  
202-489-4762  
vanderhoofrehab@yahoo.com

*Keep on moving into life!*



## We Value Your Trust

Locally founded and managed by nurses.  
Referring exceptional companions and nurses for  
35 years. Home care services available from 2 to 24 hours.

ACTIVITIES OF DAILY LIVING

ALZHEIMERS & DEMENTIA CARE

"DAUGHTERS DOWN THE STREET"

NEWBORN & CHILD CARE

HOSPICE SUPPORT

POST-OP & COSMETIC CARE

MEAL PREP & TRANSPORTATION



Founder & President  
**Susan P. Rodgers, RN**

Licensed by the Maryland DHMH RSA # R399 NRSA #070508  
Licensed by Washington DC Dept. of Health License # HCA0040

Call 24/7 301.652.4344 [capitalcitynurses.com](http://capitalcitynurses.com)  
4600 North Park Ave. • Chevy Chase  
*"Serving residents of Friendship Heights since 1976"*



## Stay Together. Save More.

Husband and Wife. Mom and Dad. Partners for Life. We make it easier for senior couples to stay together when more care and assistance is needed - now for less. Our special savings for couples is just the start. Come see all that we have to offer.

**Call or visit us today!**  
**Special savings for couples is available for a limited time.**

Visit us on the Web at  
[bgfriendshipheights.com](http://bgfriendshipheights.com)



Brighton Gardens of Friendship Heights

301.656.1900

Offer available for a limited time and on select suites.  
5555 Friendship Blvd., Chevy Chase, MD 20815

# Village Council Corner

## Wisconsin Avenue to be Repaved

Beginning in early August, the Maryland State Highway Administration (SHA) will grind and resurface Wisconsin Avenue from Western Avenue to Bradley Boulevard. The work will include replacing concrete curbs and gutters and installing audible/count-down pedestrian crossing signals at the Western Avenue/Wisconsin



*Wisconsin Avenue has numerous potholes with temporary repairs.*

intersection. SHA estimates the work will be completed by the Spring of 2012, weather permitting. For more information contact Tim Fletcher, SHA Area Engineer, 301-513-7366, TFletcher1@sha.state.md.us.

## Council Honors Residents on July 4



*Photo by Joel Williams*

At our annual July 4 celebration, the Council honored Village centenarian **Gertrude Friedman** (shown above with Mayor Melanie White), a longtime resident of the Highland House and Village volunteer. The Council also recognized **Sydell Sandy** and **Ron Irion** with Community Service Awards.

NOTE: There will be no Village Council meeting in August. The July Council actions will be reported in the September newsletter. **The next Council meeting will be Monday, September 12.**



*Friendship Heights*

## VILLAGE NEWS

Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, Maryland 20815

### Check out our website:

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

**e-mail:** [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

**phone:** 301-656-2797

**August 2011 events calendar**